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RYAN REYNOLDS' WIFE WELCOMES A GIRL. PAGE 12



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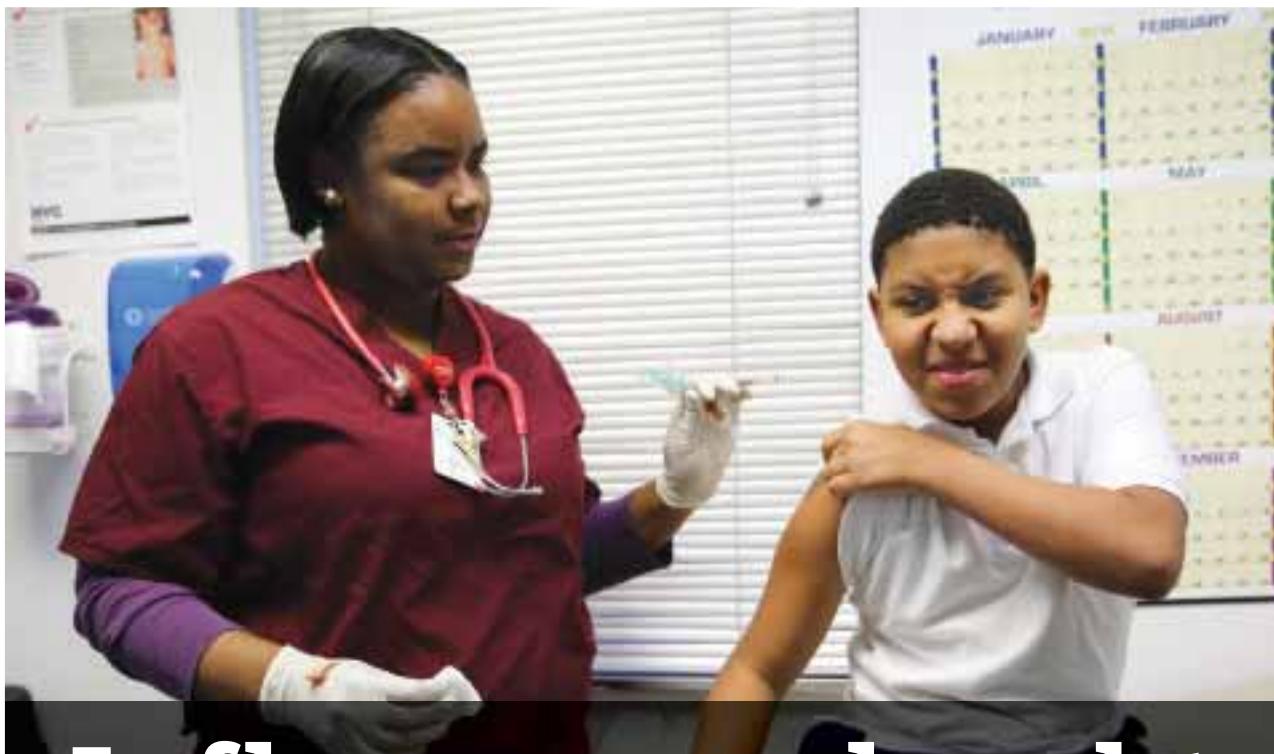
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Influenza onslaught

Health alert. A flu epidemic is sweeping the nation, with more people becoming ill and many being hospitalized. A weak vaccine is thwarting efforts to keep the disease at bay. PAGE 02

Ethan Medina, 11, receives a flu shot from nurse Hazel-Ann Belizaire at the CABS Health Center in Brooklyn. / BESS ADLER, METRO

**Bronx cop
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nabbed in
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resolutions
that work
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finally get
it right
with trade**

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NEWS

Top 3

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1 'Recipe: This salad will get you out of your holiday food funk'

2 'Wondering who's presenting at the Golden Globes? Expect Ricky Gervais, and more'

3 'Video: You need to watch Bradley Cooper play air guitar on the "Tonight Show"'



On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.



The weather outside, it's frightful, and it's going to get worse. / BESS ADLER, METRO

Flu hitting earlier, harder than 2014

Health. More severe and frequent cases of the flu are being seen in the city and across the U.S.

An influenza epidemic is sweeping the United States, with more cases and hospitalizations this year, and a less effective vaccine for the strain.

Flu is "widespread" in New York City, with cases in all five boroughs and 54 counties, the state health department says. Forty-three states have high or widespread outbreaks.

Flu-like symptoms accounted for nearly 6 percent of all doctor visits nationally in the last week of 2014, with higher hospitalization rates than this time last year, with 12.6 people per 100,000 being treated for the flu.

This year's predominant strain, H3N2, was prevalent in 2012-2013, but health professionals say their vaccines are only about 60 percent effective. Still, shots reduce the severity of flu symptoms.

So far, 21 children have died from the flu this season — one in New York City.

The state health department says as of Dec. 27, 3,922 confirmed cases were reported, up 90 percent in a week, with 972 patients admitted to the hospital.



A patient receives a flu shot at a Duane Reade drugstore in Manhattan on Tuesday. / BESS ADLER, METRO

Hotline

Location of flu shots, including free and low-cost options, are available by calling 311, texting "flu" to 877877 or at nyc.gov/flu.

There have been 7,826 confirmed flu cases in the state so far this year.

There is more than one flu strain and other viruses circulating in the city, but the health department recommends getting vaccinated as soon as possible and not waiting for a particular formulation.

"It doesn't work as well

as we'd like it to, but it helps people from getting serious complications," said Dr. Jane Zucker, New York City's chief of immunization.

People over 65, children under 5, and those with preexisting conditions are at a higher risk and should be vaccinated, Zucker said.

Shots are recommended for pregnant women, who pass the antibodies to their babies. Children under 5 who attend city pre-K and day cares must be vaccinated.

If you have flu symptoms, see a doctor, said Dr. Pedro Gonzalez of the Community Healthcare Network.



Visit Metro.us to read more about the flu and its prevention.

Hand-wash, hand-wash, hand-wash," Gonzalez said. "Cover your mouth when you cough. Those type of measures are lifesavers."

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Cold weather. Arctic front moving in Wednesday, so bundle up tight

An arctic front will move through New York City on Wednesday, keeping temperatures around 20 degrees. A quickly moving snow shower is expected to pass through the area early in the day.

A wind chill advisory will be in effect Wednesday evening through Thursday morning for the Metro area, Long Island and southern Connecticut, said Joe Pollina, a meteorologist with

the National Weather Service. Temperatures will be in the single digits overnight, but wind chills will make it feel more like minus-10 to minus-15 degrees.

The National Weather Service said those who venture out should wear a hat and gloves to prevent hypothermia. Temperatures will stay in the lower 20s throughout the day on Thursday.

Garbage collection, al-

ternate side parking and ferry service remained in effect as of Tuesday evening. Snowplows will operate when more than 2 inches of snow accumulate.

Mayor Bill de Blasio is asking New Yorkers to check on their neighbors, especially the elderly and vulnerable, and report any loss of heat and hot water to building managers and 311. WENDY JOAN BIDDLECOMBE

Brooklyn

Street sign remembering Detectives Ramos and Liu to come down

A makeshift sign memorializing Detectives Rafael Ramos and Wenjian Liu at the intersection of Tompkins and Myrtle avenues, where they were shot and killed last month, is set to be taken down.

DNAInfo first reported Deputy Inspector John Chell of the 79th Precinct told members at a community board meeting, who were concerned about the sign going up without their input, that the improperly installed sign will be taken down.

Chell said the sign, which reads "Det. Ramos Det. Liu Fallen Officers Way," will be replaced by official signs remembering the fallen detectives.

Chell said a Manhattan resident put up the sign. METRO

Citywide

Schools to end cellphone ban

City schools are set to lift a ban on cellphones and other devices, the Daily News reported Tuesday.

The decades-old ban on electronic devices in schools will be lifted and replaced with policies that individual schools develop with teachers and administrators. Options include keeping phones and electronics in backpacks during the day, being able to use them in designated areas or during lunch and for educational purposes in classrooms.

Mayor Bill de Blasio said in September the prohibition on cellphones in schools needed to be reversed, and said his son, Dante, takes a phone with him to Brooklyn Technical High School. METRO



Cellphone / GETTY IMAGES



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NYPD. Bronx cop shooter busted, may have shot his accomplice

An all-day manhunt ended Tuesday afternoon when police tracked down and arrested two robbers, charging one with the shooting of two cops in the Bronx on Monday night.

Cops tracked down Jason Polanco and Joshua Kemp hours after authorities say Polanco fired three shots at plain-clothes cops, wounding two of the officers.

Officers Andrew Dossi, 30, and Aliro Pellerano, 38, were still recovering at St. Barnabas Hospital in the Bronx late Tuesday.

Chief of Detectives Robert Boyce told reporters that a third officer fired back at Polanco three times. Polanco was uninjured in the shootout.

The cops were ending their shift when they responded to a call that two masked men had held up a deli in Tremont. They arrived and saw Polanco and Kemp,



The suspect / PROVIDED

Quoted

"So, thank you very much. We had [Polanco] very quickly."

Boyce

who fled the scene. Polanco hijacked a car and drove off. He crashed and ran off again.

Boyce said detectives pulled Polanco from a Bronx street on Tuesday afternoon after receiving 29 calls from the public

immediately after they released his picture. Ten of the callers identified Polanco by name.

Kemp, who police believe was accidentally shot by Polanco, was found at New York Presbyterian Hospital in Washington Heights.

Polanco has three prior arrests for criminal possession of a weapon. He was arrested and charged with five counts of attempted murder of a police officer, robbery and carjacking.

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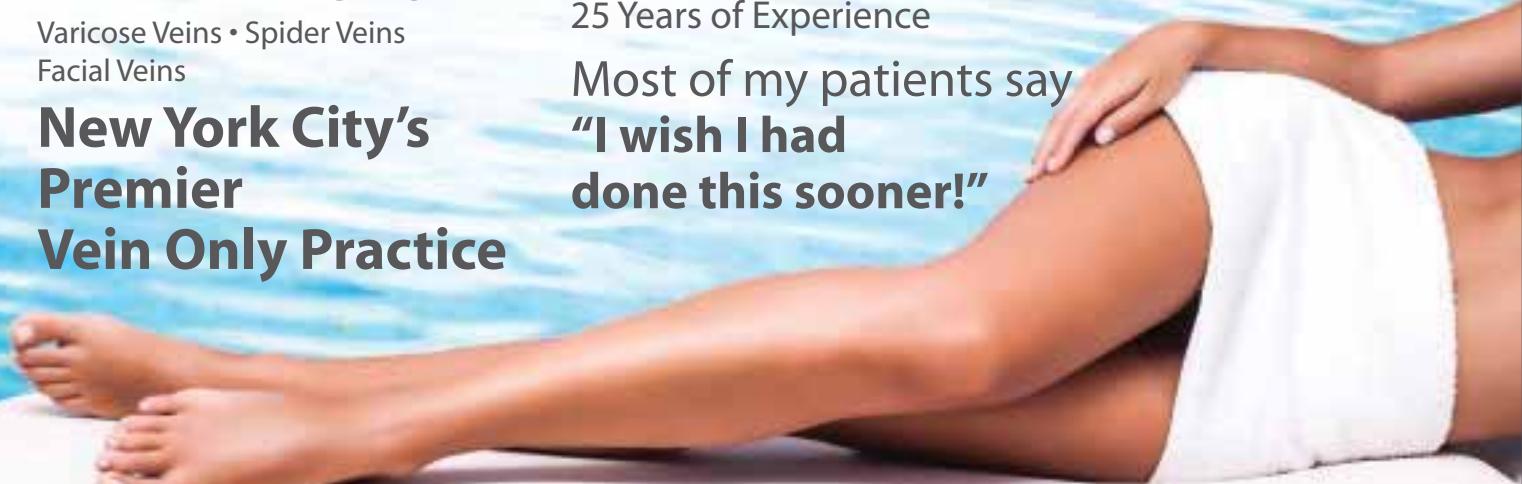
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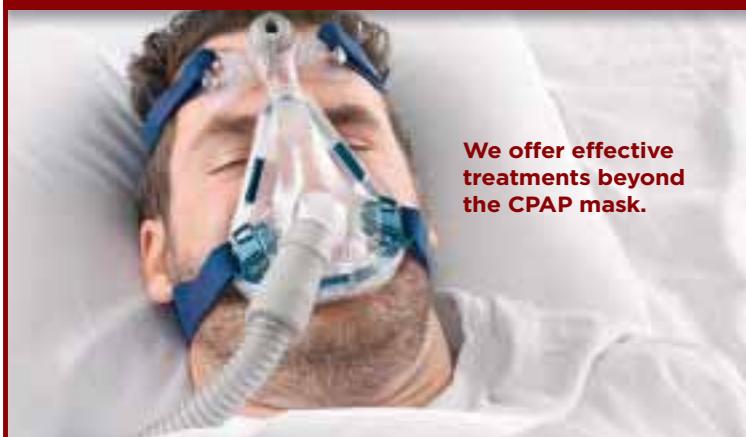
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Robert Kiyosaki will not attend this event

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Uber. Golfer killed by rideshare driver as he crossed the street

The SUV that killed a 27-year-old man in Manhattan's Upper East Side Saturday was driven by an Uber driver, officials confirmed Tuesday.

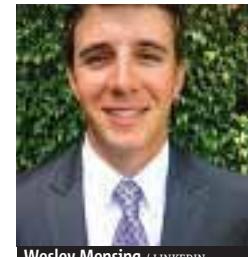
The Taxi and Limousine Commission said the driver, now identified as Aliou Diallo, was affiliated with the embattled startup's Schmecken base in Long Island City.

Cops said Diallo was behind the wheel when

he struck and killed Wesley Mensing of New Jersey, who was holding hands with girlfriend Erin Souchelli, 30, as the pair crossed East 62nd Street on Saturday afternoon.

Diallo stayed at the scene and was issued a summons for operating a car without a driver's license.

The TLC suspended Diallo's license as the investigation continues. Uber also announced it



Wesley Mensing / LINKEDIN

had suspended Diallo from driving with the company.

CHESTER JESUS SORIA

vide the city's Taxi and Limousine Commission with ridership data the city said Uber previously agreed to provide.

On Tuesday, Capital New York reported that a judge found Uber guilty of failing to comply with the agreement, tossing aside the startup's argu-

ments that it was an unprecedented request and would violate customers' privacy.

Despite the suspension of most of its bases, Uber is still allowed to operate in the city. Uber does not expect service to be interrupted.

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Long Island

Alleged hedge fund killer may be tied to Long Island arson

Thomas Gilbert Jr., who was arrested on charges of murder Monday for the shooting death of his hedge fund manager father, may also be responsible for a Southampton arson



Thomas Gilbert Jr. / FACEBOOK

last fall.

The Daily News reported that in September, Gilbert was arrested on charges of violating an order of protection against a Sagaponack man.

Three days before his arrest, the home was set on fire and burned to the ground, and gas canisters and rags were found nearby.

Officials said Gilbert may be linked to the arson, but did not say if he was a suspect, or how he violated the order.

In an exclusive interview with the New York Post, Gilbert Jr.'s ex-girlfriend, Anna Rothschild, said he regularly griped that "his dad was hypercritical of him — he couldn't do anything right." METRO



PBA President Patrick Lynch / GETTY IMAGES



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Backtalk. PBA chief Pat Lynch says cops aren't slowing down enforcement despite statistics.

Police union chief Pat Lynch says there is no organized slowdown among city cops, even as data on the NYPD's own website shows a 65 percent drop in arrests and summonses.

"Our members are out there doing their jobs and putting themselves in danger to keep this city safe, just as they always do," Lynch wrote in a statement after two cops were shot Monday night responding to a robbery in the Bronx. "That's a clear demonstration of a police officer's dedication to duty and that there is no union initiated or supported slowdown."

Police enforcement dropped after the Dec. 20 murders of Officers Rafael Ramos and Wenjian Liu, and Lynch blamed Mayor Bill de Blasio for creating an anti-cop atmosphere that led to the shootings of the policemen by a de-

ranged man.

"Statistics sometimes have to take a backseat to safety," said Lynch.

Lynch's reference to statistics is at odds with two weeks of nosediving arrest numbers where police reported about 2,400 arrests compared to the almost 5,500 at the same time last year.

Union leaders argued on Tuesday that fewer arrests don't mean cops aren't still policing. Police Commissioner Bill Bratton on Monday said the department is watching for signs of a deliberate slowdown.

Capital New York reported that prior to the Liu and Ramos murders, Lynch suggested officers "use extreme discretion in every encounter."

After Liu and Ramos were shot, a memo widely reported to be circulated among PBA members directed that "absolutely NO enforcement action in the form of arrests and or summonses is to be taken unless absolutely necessary."

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CHESTER SORIA
chester.soria@metro.us

Compstat**NYPD statistics Dec. 28 through Jan. 4:**

- 5,448 arrests in 2014
- 2,401 arrest in 2015

Other stats:

- 568 major felony arrests in 2014

- 472 major felony arrests in 2015

- 9,349 moving violations in 2014
- 749 moving violations in 2015

- No parking or Criminal Court summons issued

Turkey. Female suicide bomber hits police station in Istanbul



Police officers take security measures at the scene where a woman reportedly blew herself up at a patrol in Istanbul's main tourist area Sultanahmet. / GETTY IMAGES

A female suicide bomber blew herself up at a police station in Istanbul's historic Sultanahmet district on Tuesday, killing one officer and wounding another.

There was no immediate claim of responsibility, but the bombing comes less than a week after far-left group DHKP-C said it was behind a grenade attack on police near the prime minister's office in Istanbul.

Turkey also faces possible threat from Islamist militants moving across the border from Syria and Iraq and, despite a truce in a 30-year-old insurrection, from Kurdish rebels.

Police sealed off the street where Tuesday's attack happened, across the square from the Aya Sofia museum and the Blue Mosque and near the Basilica Cistern, which are among the main sites for millions of visitors to Istanbul each year.

Windows were shattered and shutters hung unhinged from the yellow, three-story tourist police station.

The woman entered the police station saying in English that she had lost her purse and

Quoted

"We were shaken by a very loud blast. There were customers and everyone dropped to the floor. ... A police officer came out of the station and fired into the air saying, 'Disperse, there is a suicide bomber, go inside.' Then we heard gunfire but we weren't sure who was shooting."

Kaan Koc, who works just across from the station, told broadcaster CNN Turk

Texas

Doctor killed in Army medical center shooting in El Paso: Media

A gunman shot and killed a doctor at an Army medical center in El Paso, Texas, and then apparently took his own life on Tuesday, the El Paso Times reported.

The paper said the information was based on

a preliminary investigation provided by officials.

Officials at the William Beaumont Army Medical Center in west Texas were not immediately available to comment but said they would soon hold a news conference.

The shooting was at a VA clinic next to the medical center, the paper said. Video from the scene showed numerous police



William Beaumont Army Medical Center / FACEBOOK

and emergency vehicles.

CBS Evening News, in a tweet, quoted a Pentagon official as saying the situation was now under

control.

El Paso police were also assisting in the incident at the medical facility, local media said. REUTERS



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Happy Holidays

More objects found, but no black box

AirAsia jet. High waves and strong currents prevented divers from going deep into the sea.



Indonesia Sea and Coast Guard display recovered seats from the AirAsia Flight QZ8501 crash. / GETTY IMAGES

Search teams scouring the ocean for the wreckage of an AirAsia jet found two new metal objects on Tuesday, but nine days after the plane crashed officials say there is still no sign of the crucial black box flight recorders.

Indonesian officials believe they may have located the tail and parts of the fuselage of the Airbus A320-200 30 meters below the surface, but have been unable to properly investigate the debris so far.

Flight QZ8501 plunged into the water off Borneo island on Dec. 28, about 40 minutes into a two-hour flight from Indonesia's second-largest city of Surabaya

Bodies recovered

39

Two more bodies were also recovered from the sea, bringing the total found so far to 39.

to Singapore. There were no survivors among the 162 people onboard.

Jakarta has crackdown on its fast-growing aviation sector since the crash, reassigning some officials and tightening rules on preflight procedures in a country with a patchy repu-

tation for air safety.

"Divers were ready on the ship but the challenges were currents and waves," the head of Indonesia's search and rescue agency, Fransiskus Bambang Soelistyo, told a news conference in Jakarta on Tuesday.

He said a U.S. Navy ship located two more metal objects using sonar signals, though it is not known yet if they are part of the missing plane. Those would add to the five large objects, believed to have been part of the plane, detected so far.

REUTERS

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Your primary job is as a business manager in advertising at a magazine. What exactly do you do?

I work with the advertising team to figure out ways to sell editorial content to their advertisers and figure out where we can place the ads in the magazine.

You are also a commentator for TMZ Live on the side and go to an acting class once a week. How did you get into performing?

I was always curious about acting but was never really comfortable performing. One day, my work sent out an email to my department asking people to do improv. It was like my worst fear coming true. But I took a chance and did it, and people said I was really good at it.

Does your acting class impact your day job?

No. The classes are Mondays from 7:15 p.m. to 9



Follow Gonzalez on Twitter at @TheyCallMeDaymz.

JOHNNY RODRIGUEZ

p.m., so I'm usually done work by then and have time to get there.

How did you get involved with TMZ Live?

I have a blog and when Joan Rivers died, I wrote about how much she meant to me. TMZ tweeted me asking if I wanted to come on TMZ Live to talk about it. I guess I did OK, because they continued to ask me to be a commentator.

And you owe it all to Joan Rivers.

She's very special to me.



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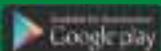
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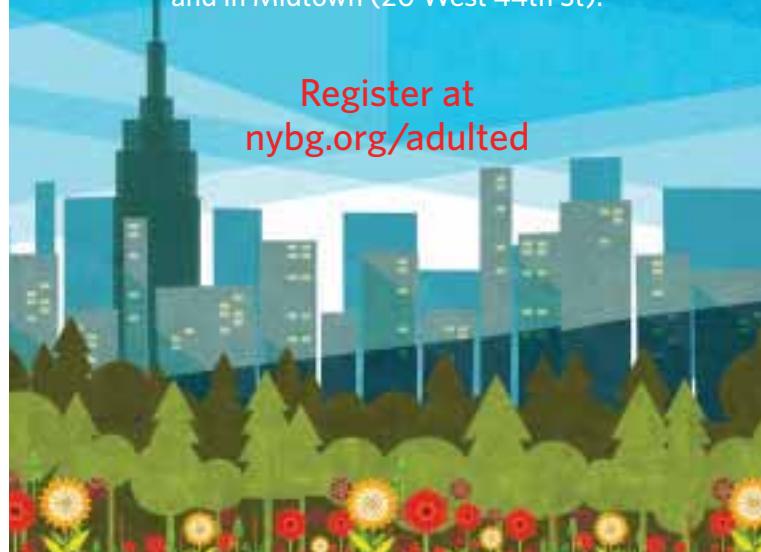
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- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

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Twitter feed

Today, Mindy Kaling isn't afraid to try hard, Roseanne Barr is hung up on the Cosby situation, Patton Oswalt is not enjoying social media, Sarah Silverman is distracted and Billy Eichner is heartbroken.

@mindykaling: Effortless is overrated. 2015 is about being effortful. Way sexier

@therealroseanne: Why doesn't Bill Cosby say he's innocent of charges? His wife considers him 28th victim of a media lynching led by women of ill repute.

@pattonoswalt: (Everyone on) Twitter is broken.

@SarahKSilverman: There are a LOT of wigs on Celebrity Apprentice

@billyeichner: @Cameron Diaz it should've been me



Blake Lively became a mom last year, guys

Blake Lively certainly knows how to keep things under wraps. The former "Gossip Girl" star and husband Ryan Reynolds reportedly welcomed their first child in December, just before the New Year, but managed to keep mum about it until now. The baby girl, who is reportedly named Violet, arrived prematurely, but both Lively and the newborn are "healthy and doing well" now, sources tell Page Six.

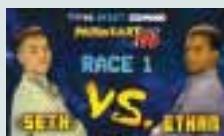
And if previous reports are any indication, we know just how the new parents will be celebrating their arrival: "She's saying she wants to get pregnant really soon after she pops this baby out," a source told E! News back in October. And both Lively and Reynolds have made no secret about the fact that they want a big family. So maybe let's give them some privacy this week?

ALL PHOTOS GETTY IMAGES

Daily video

Teens react to "Mario Kart 64"

Want to feel old? There's nothing better for that than the teens on the React channel, regularly faced with items from before their time. Or sometimes not. This week, the teens are presented with the old "Mario Kart 64" for Nintendo's N64 gaming system, originally released in 1996 and the second release in the Mario Kart series. Maybe it's because



YOUTUBE, REACT

teens and video games are a natural fit, or maybe it's because Nintendo has successfully launched a Mario Kart game for nearly every one of its platforms, but the teens are actually totally into it, even if they're not as good at the game as they expected they'd be. Kids these days!

This might actually get me interested in the Super Bowl. Katy Perry is reportedly planning to work a reference to her ongoing feud with Taylor Swift into her halftime performance next month, according to Hollywood Life. "She wants to make a statement with her performance and show that she is the biggest female act in the world, and she wants to show that to everyone, including Taylor, who she has a feud with," a source says. "Katy will be doing



Maybe the dig will just be something like this?

Katy Perry may liven up the Super Bowl with Taylor Swift dig

something onstage during her performance that will be directed towards Taylor. She is working on it to be a visual or a lyric-related jab." Oh man, the possibilities! Will Perry make out with and dump Harry Styles on stage? Burn a photo of adorable kitty Olivia Benson in effigy? Or maybe pretend to be a country artist for the first few songs in her medley, then completely abandon the genre? We'll have to wait and see.

Russell Crowe has some words for older actresses

Russell Crowe sat down with Australia's Women's Weekly — why, I'm not sure — and used the opportunity to take a certain generation of actresses to task for not acting their age. "To be honest, I think you'll find that the woman who is saying that [the good roles for women have dried up is] the woman who at 40, 45, 48, still wants to play the ingenue, and can't understand why she's not being cast as the 21-year-old," he says. "If you are willing to live in your own skin, you can work as an actor. If you are trying to pretend that you're still the young buck when you're my age, it just doesn't work."

Now, before you get out your pitchforks, Crowe has some anecdotal evidence to back up his claims. "I have heard of an actress, part of her fee negotiation was getting the number of children she was supposed to have



With "The Water Diviner" co-star Olga Kurylenko, who does not have to worry about the good roles drying up. Yet.

lessened," he says. "This [character] was a woman with four children, and there were reasons [for that] — mainly, she lived in a cold climate and there was nothing to do but fornicate all day — so quit

THE WORD

Ned Ehrbar takes on the world of gossip.



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arguing, just play the role." Crowe insists he's given the same tough love to himself, saying, "You do have to be prepared to accept that there are stages in life. So I can't be the 'Gladiator' forever."



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Tracey takes on the state of showbiz

Interview. British comedy pioneer Tracey Ullman says she'll be back in the TV game — once she figures out what she's allowed to make fun of.

Tracey Ullman has more than earned her place in television history after many successful shows — plus hosting the show that launched "The Simpsons." It all leads to her having pretty strong feelings about the industry.

Do you think the U.S. co-opts a lot from British TV?
I mean, "Sanford and Son" was a British show, you know. "All in the Family" was a British show. People took the formats from England and made shows here, so there's always been a cross-cultural exchange.

Did you know the Screen Actors Guild has a diversity incentive where a female character counts as "diverse"?
Females over 35, I'd reckon.

No, any female roles.
Oh, wow. Well, of course. You hate to whine ... But you have to make your own way. That's why I wrote my own stuff. I never used to think about the guys and the girls when I was younger, but I see it a bit more now.



Tracey Ullman plays Daniel Hettlestone's mother in "Into the Woods." For more with Ullman, head to metro.us. / PETER MOUNTAIN



"I LOVE TV. FILMS KIND OF SIT THERE; THEY'RE NOT RIGHT. BUT WITH TV YOU GO, 'OK, THIS WEEK'S EPISODE WAS CRAP, LET'S DO ANOTHER ONE.'" FILMMAGIC

Moving forward

Have you thought about doing a new show like your others?
I mean, yeah, I've done that eclectic multicharacter thing. I'm getting older now, and you begin to think, God, what's funny? What can you say? It's tough. It's bleeding rough out there. [Adopts a news anchor voice] "Terrorism, cyber-terrorism threat, breaking news, blackened stool problems, are you allergic to this? Have you got a lawsuit? Did you take this drug in the last six months? You could die! Five things in your refrigerator that could kill you!" It's like, good God, what can we laugh at? Don't say this, don't say that. But there's always something to laugh at.



NED EHRBAR
@Nedrick
ned.ehrbar@metro.us



Have you been noticing Memory Problems?

Many adults over age 65 experience memory issues. If you are able to continue your day-to-day life and usual activities, you may still feel that your memory has "slipped." Mild memory loss can include:

- Forgetting things more often, such as appointments or plans
- Feeling less mentally sharp
- Losing your train of thought more easily

If you are 65 or older, you may be eligible for a medical food study for mild memory loss. For more information or a confidential, free screening, please call:

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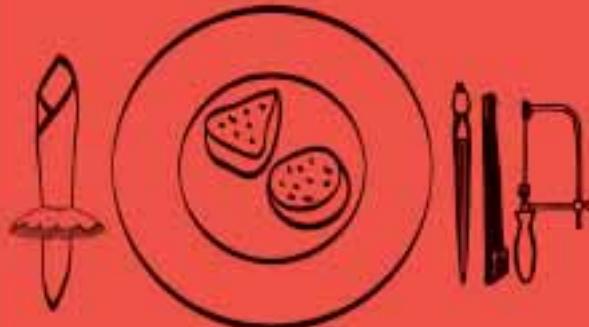
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TV watch list



'Empire'

It's "King Lear" by way of a record company: Terence Howard and Taraji P. Henson star in this show about a record mogul (Howard) who has to decide which of his three sons should inherit his company. **SERIES PREMIERE, 9 P.M., FOX**

Maybe Taraji P. Henson should run the record company?
She looks like she knows what she's doing. / CHUCK HODGES, FOX

AWARDS SHOW

People's Choice Awards

It's not the Oscars, but it might be funnier: Allison Janney and Anna Faris are hosting this show, which honors fan favorites, so the winners are sometimes different from the other awards shows. **9 P.M., CBS**

REALITY

'American Idol'

That old favorite, "American Idol," returns once again. Is this the season where all those "Voice" fans come back to watch? The proceedings get off to a country start with auditions in Nashville. **SEASON PREMIERE, 8 P.M., FOX**

COMEDY

'Modern Family'

The Dunphys are forced to confront their mortality after a scary incident, leading them all to make a bunch of "live life to the fullest" promises that they probably won't end up keeping. **9 P.M., ABC**
LISA WEIDENFELD



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Keep your better eating resolution with sushi

Don't get me wrong, I loved eating out and going to parties nonstop for the past month, but now the train has to stop. It's time to eat healthier and get back in shape. Sushi is the perfect way to start eating lighter without sacrificing taste and satisfaction. Yes, there are tons of sushi restaurants in NYC, but these are the gems that leave me dreaming about raw fish and sticky rice for days.

Amber

Five locations. This spot is tops for consistently fresh fish at reasonable prices, with rolls starting at \$5. I recommend the spicy tuna and avocado salad (\$8), which includes a huge helping of tuna, and if you want to splurge, try the dragon roll (\$17). The main dining room is modern and sleek and would impress a date or accommodate a group. From 5-7 p.m. at the bar during the week, you'll find \$9 cocktails.

Sushi Damo

330 W. 58th St. This is my favorite high-end sushi restaurant and conveniently located at Columbus Circle. Take advantage of happy hour for drinks at the bar Monday through Friday from 5-7 p.m. with \$5-\$7 wine and cocktails – go for the lychee martini. The specialty rolls are all priced above \$20, but they are glorious; try the passion and neo rolls.

Hane Sushi

346 First Ave., 581-B Third Ave. From the outside, it looks like any old sushi joint. Not. This Japanese-fusion spot has a large selection of delicious rolls and hot dishes, with reasonable prices across the board; rolls start at \$4, and specialty rolls start at \$11.95. I go for the spicy yellowtail roll.



For exclusive commentary, visit Metro.us/blogs.

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Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC, available in paperback and e-book.



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DON'T QUIT YOUR DAY JOB (YET)

Come to ICC's Culinary Entrepreneurship Open House! The once-a-year program teaches the essentials of launching and scaling a successful food business. Ask bartender-turned-business-mogul **Michael Chernow**, founder of The Meatball Shop restaurants and a graduate of ICC's program.

Joining the ranks of academic and industry experts teaching this 90-hour course in 2015 is **Babson College**, the #1 institution for entrepreneurship education as ranked by *U.S. News & World Report*.



Michael Chernow ('08 grad) recently opened his 6th Meatball Shop in NYC

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Must-have

Get cozy

Throws are the underrated power player of any room," says Gorder. "They bring in color and texture and pattern. Her advice: It's all about layering these textiles. "Hang it off your couch, on your chair, on your bed — I have three of them on my bed. I also roll them up and put them in big vessels by the fireplace," says the expert. "They take up small amounts of space but add huge impact."



still want to freshen things up for 2015, Gorder offers these tips.

For those of us who don't have a blank slate, but

Attack your shelves

"This is the perfect time to do a big purge," stresses Gorder. "We tend to collect and the collections become weighty and they become almost an energy suck to a lot of spaces, from your bookshelves to your closet." Her suggestion: Attack your bookshelves. "This is where you house, basically, what I think is the trophy case of your life," says the expert. Once you've passed on some of those old books — Lonely Planet guides, we're looking at you — start reconfiguring your collection. "Bring in new photography. Work with vertical and horizontal lines, so stack books on their ends and on their backs," says Gorder. This creates extra surfaces to add objects like a little vase or a picture frame. "You then create these little waves of pause and crazy within

your bookshelf which keeps them interesting and keeps you moving across them," she says.

Create a smart home

"A huge part of my job is helping people step into the idea of a smart home, which is, shockingly enough, one of the most affordable ways to update your place," says Gorder. "It starts with bringing all your security onto your tablets or onto your phone. You have everything at fingers reach. All your lighting can be in one switch on your phone, as well." But before you get plugged-in, Gorder stresses taking the time to understand the new gadgets and reading the manuals. "I find we often hate doing that, so we have all these incredible features and not really know how to connect them or have them talk to each other," she says. "Once you invest that initial couple of hours your house starts working for you. And that's a beautiful thing when you can turn off your security alarm from another state. Or I can set my thermostat on my phone so the house is warm when I get home."

"BOOKSHELVES ARE ONE OF THE MOST BEAUTIFUL SPACES IN OUR HOMES," SAYS GORDER, PHOTOGRAPHED HERE FOR HGTV MAGAZINE'S OCTOBER 2014 ISSUE.

ALL PHOTOS DAVID A. LAND, HGTV MAGAZINE

Revamp your home

Decorate.

Genevieve Gorder shows us the essentials for 2015.



Designer Genevieve Gorder, who works with Sanus, is a big proponent of TV mounts. "It gets televisions off their stands, which tip over so frequently and cause so many injuries," she says. "It's a really simple step to improve the entertainment center of your house." / MYRNA SUAREZ, SANUS

Add drama

While paint is obviously the most affordable and boldest change you can make, Gorder says in 2015, it's really about diving into different palettes. "Black and navy are going to be huge," says the designer, who painted her new living room black. "It's so dramatic. I love how everything pops off of black." Want to have more fun

with your walls? Gorder recommends Tempaper for renters. "It's a temporary wallpaper. You can cover your foyer in an hour and all of a sudden you have a completely different space," she says. "It's a really fun way to make your house feel like you're not renting and bring in some distinct pattern, especially in those transitional spaces like hallways, stairways and bathrooms."



"Black and navy are going to be huge," says the designer, who painted her new living room black, as seen in HGTV Magazine's October 2014 issue.



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Handsome townhouses are attracting residents to Ridgewood. / GETTY IMAGES

Real estate.

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Residential

Top developments



Ridgewood Theater
/ ALL IMAGES PROVIDED

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Priciest



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The most expensive property to come on the market this week is a condo at the Baccarat Hotel in Midtown. Marketed by Corcoran, this full-floor four bedroom home offers four and a half baths, floor to ceiling windows and 360-degree views of NYC. The residence features solid white oak floors, granite countertops, a master suite and convertible rooms to accommodate library and media rooms.

Least Expensive



\$260K

321 E. 43rd St. #607
The least expensive property to come on the market this week is a co-op in Turtle Bay, marketed by Space Marketing Shop. This 200 square-foot unit is located in a full service, pet-friendly building with a 24-hour doorman, laundry room, bike room and storage lockers available. The co-op board is flexible, allowing pied-a-terre, guarantors, and co-signers.

StreetEasy.com is a New York based Real Estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.



Once upon a time, the neighborhood of Ridgewood, Queens, was part of the borough of Brooklyn. Residents, however, were happy to put that history behind them. They yearned for their own identity, wanting to distance themselves from over-the-border areas like Bushwick, which was (not so long ago) a less-desirable location.

But now, the lines that separate these two neighborhoods have begun to blur. Cheaper rents available in rows of handsome Romanesque townhouses are luring the younger professionals and artists being priced out of trendy Brooklyn neighborhoods. Indeed, Ridgewood is mainly for renters, who take up 75 percent of the housing stock, Census figures show.

The neighborhood, once home to waves of immigrants — Germans up until the mid-20th century, Latinos and Poles more recently — is now a refuge for displaced hipsters. New coffeehouses, bars and restaurants are starting to follow, but Ridgewood's rich history (including three historic districts and more than 1,000 landmarked buildings) still sets it apart from its gentrified counterparts. **KERRY MURTHA**



Perhaps one of the most telling signs Ridgewood is catering to its new demographic: a mixed-use building at 176 Woodward Ave., where 3,000 square feet in an 88-unit building will be set aside for artists and groups to rent for \$10 per year.

New Year... New Legs!



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T.M.

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Michael J. Fox brandishes a hoverboard, which does not, alas, yet exist. / ALL PHOTOS PROVIDED

Actual 2015 vs. 'Back to the Future II' 2015

We've finally hit 2015. So how does the technology predicted in the 1989 film measure up to today's reality?

NED EHRBAR

Hoverboards

It looked like we almost had this last year, but it turned out to be a Funny or Die hoax that Tony Hawk was in on. He's back again saying he's tried one, but we're finding it hard to trust again. Besides, if Segways never took off, what hope do hoverboards have?



Flying cars

This might be the biggest gripe people have

today about technology. Way to continue that wave of disappointment, "Back to the Future II."

Dig that flying car behind Fox? Yep, they don't exist either.



Giant in-wall video conferencing

The characters have giant flat-screen TVs that basically use Skype. They even predicted the industry-wide aspect ratio change to widescreen.

Nike Air Mags

Nike actually released a replica version of these totally boss high-tops in 2011, but they weren't actually self-lacing, so really, what's the point? We're still bending down to tie our shoes like our parents and grandparents.

Thankfully double neckties never caught on, so there's that.

Double neckties

Despite all our other fashion missteps, these never became a thing. The less said about this idea, the better.

Flying automated news cameras

This one's not that far off, actually, given the rise of consumer-level remote-control drones and GoPro cameras. So good work, movie.

Questions to make better resolutions

New year. There's no one-size-fits-all goal, so make one that's meaningful.

Though every day is a chance to do something different, the beginning of a new year can give us the necessary momentum to make major changes.

But if you want to succeed, it's not enough to pick an arbitrary goal, however well-intentioned it may be. And with all the other stresses hanging around from the holidays — conflict with family members, overspending on gifts or not being able to go home to celebrate — you may not even be in the right mindset to take on the additional work of creating new routines.

"With the hustle and bustle of the holiday season, many of us can feel overwhelmed and stretched to the limit," says marriage and family therapist Terry Barnett-Martin. Her recent

book, "Tending Fences," tackles the importance of boundaries to healthy relationships, and she says the idea of having an entire year to make a change can be a tempting reason to set a goal. But by picking one that is not achievable, or not relevant to what really needs to change in your life, you could be sabotaging your self-esteem

No. 4

Where, when and doing what did I feel the best?

"There is nothing more gratifying than feeling like you are in the right place, at the right time, doing the right thing," Barnett-Martin notes. "Conversely, when the same gifts are utilized



and your chance to make a meaningful difference.

"Reaching for your purpose is a bit more of an ambiguous road, but so worth the effort," she says.

To make a purposeful resolution, Barnett-Martin suggests asking yourself these four questions to assess what you've learned about yourself in the past year,

in a situation where they are not valued, they can fall flat." If your efforts have not been appreciated, don't think of your skills as inadequate or unnecessary. Context has everything to do with letting you shine. Maybe you need to find another way to contribute, or a new place where your efforts are noticed.

and visualize where you want to be at the end of the coming one.

1 What was my proudest accomplishment last year?

This doesn't have to be a victory at work or a new personal best on the track — think about a relationship you strengthened or a challenge that you overcame, even something new you tried and learned something from. Whatever the answer, it should serve as an insight into what matters most to you.

2 What worked well that I'd like to build on?

Or, conversely, what didn't work and how would you change it? "Life is really a long series of experiments in which what works and what doesn't work is all good information," says Barnett-Martin. If you tried something new — a diet, a skill, a job, a relationship — and it didn't work, don't think of it as a failure, but as an experiment that can guide your next step.



When choosing a resolution, look back at the past year, then visualize where you want to be. / MOODBOARD RF

3 What do I want to contribute to?

Look at each area of your life — job, home, social circles, volunteer work, etc. — and see yourself as the person you want to be in each role. Answering this question for each of them "will give you your own personal roadmap

for the new year," says Barnett-Martin. Maybe you want to be less angry, launch a new project or unclutter your life — the way to start is by having a clear first step and end goal.

EVA KIS
@thisiskis
eva.kis@metro.us

Recipe. This salad will get you out of your holiday food funk

After ringing in the new year with all its requisite pomp and circumstance, it's time to start being good. Maybe you spent last weekend stocking your fridge with farmers market produce and giving your new juicer pride of place on your kitchen counter. Or maybe you just resolved to focus on eating better generally to offset the occasional stray from the virtuous kale-lined path. Whatever method you've chosen, lunch tomorrow is going to be delicious with this recipe from organic juice bar and restaurant Feel Food. It's hearty, full of vitamins and minerals, and makes for a perfect midday boost. **ek**

Ingredients

- 4 large handfuls of kale, preferably organic
- 1 green apple
- ½ oz. tamari
- 6 oz. raw cashews
- 3 oz. apple cider vinegar
- 1 large fresh lemon
- 2 oz. alkaline water
- 4 grams fresh ginger
- 2 garlic cloves
- 1 cup grapeseed oil



Kale and Apple Salad

Dressing: In a small pot, cook the garlic cloves in the cup of oil on low heat for 10 minutes. Make sure the oil is hot but does not bubble. Remove garlic cloves from the oil and drain. Blend the garlic with the tamari, cashews,

vinegar, juice of half the lemon, ginger and water into a smooth paste.

Salad: Stem and wash the kale, dry and cut. Mix/toss with dressing. Cut apple into thin slices and mix with juice of half a lemon. Top salad with apple slices and your favorite granola. Serves four.

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Horoscope

12 Capricorn | Dec. 22-Jan.

20. Don't upset friends or family by neglecting to nurture important relationships. Take time out of your busy schedule to listen.

13 Aquarius | Jan. 21-Feb.

18. A professional partnership will bring financial rewards. If you spend time with people who share your interests, it will spark your imagination.

14 Pisces | Feb. 19-March 20.

Keep your eyes and ears alert for new opportunities. Being well informed will give you an advantage against competition.

15 Aries | March 21-April 20.

You will gain experience if you try something different. Social activities will result in an opportunity. Consider home improvements.

16 Taurus | April 21-May 21.

Rethink your strategy and search for important facts. False information will lead to mishaps. Keep your emotions under control.

17 Gemini | May 22-June 20.

Your fiery nature will help to set the stage for fun and excitement. Time spent with someone you love will bring you closer together. Enjoy interacting with others.

18 Cancer | June 21-July 22.

Self-discipline is required in order to succeed. Help will be given if you ask for it. A colleague will be interested in one of your ideas.

19 Leo | July 23-Aug. 22.

A partnership will turn out better than you anticipated. Your compassion and insight will help someone who faces trouble.

20 Virgo | Aug. 23-Sept. 22.

Business negotiations will not turn in your favor if you divulge secret information. Ensure that parity is paramount, or you will end up doing most of the work.

21 Libra | Sept. 23-Oct. 22.

Minor changes will make you more marketable. Your unique outlook will impress all the right people, leading to an appealing offer.

22 Scorpio | Oct. 23-Nov.

21. You will have problems convincing others to join your quest. Collaborate with people who understand your motives.

23 Sagittarius | Nov. 22-Dec.

21. Temptation will be your downfall. Overspending will cause additional stress. It is your personality and wit that will make the best impression. EUGENIA LAST

Letters to the editor

Republican views aren't simple enough to put in four words

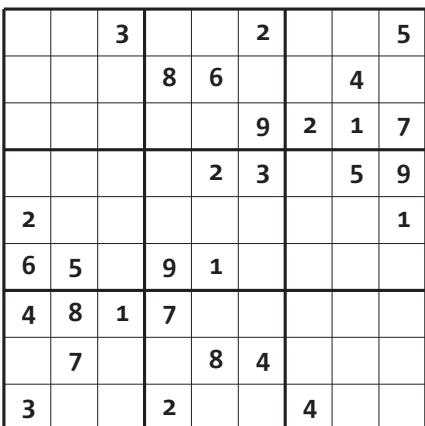
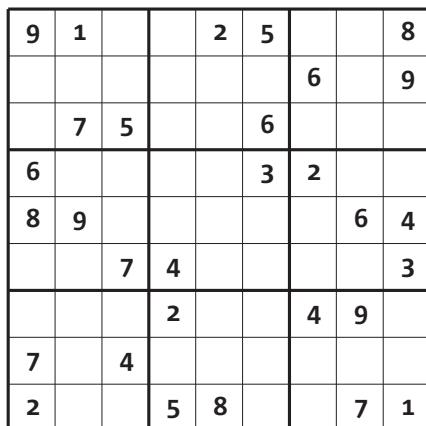
the Constitution. There is no monopoly because the government operates via the taxpayers. Big business operates via profit. The GOP advocates for businesses deciding whether or not they want unions, not the government. Union leaders use members' dues to fill Democrat candidates campaign funds so yes, Republicans generally do not support unions but not because of the members, as you pretend. And law enforcement unions are government unions so advocating for a stop to union leaders bargaining with elected officials they supported for taxpayer money is the issue, not whether or not the police are considered "big government." No, it is not simply about "blinding trusting big government." Leave it to a Democrat to oversimplify complex issues into a four word slogan.

KEVIN METZ, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard



How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

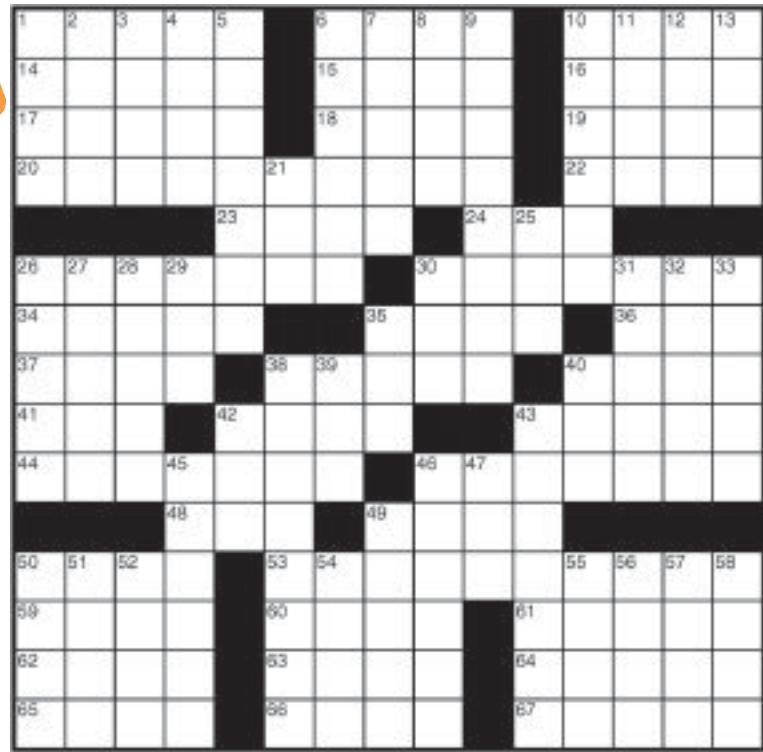
Crossword

Across

1 Tree topper
6 Kind of tissue
10 Minute opening
14 Denmark's — Islands
15 Southern loaf
16 Crop hazard
17 Mimicry
18 Like the Kalahari
19 Switch positions
20 Flimsy
22 Is, in Avila
23 Smelters' need
24 Pisces mo.
26 Upholds
30 Softly illuminated
34 Vine product
35 Humerus neighbor
36 Cable network
37 Felipe or Moises
38 "Platoon" actor
40 El —, Texas
41 Collection of fauna
42 Singer — Guthrie
43 Art class item
44 Motorcycle races
46 Goat food, in cartoons (2 wds.)
48 Nurse a drink
49 Kind of film
50 Sector
53 Tendency
59 Just scraped by

60 Charged particles
61 Skilled force
62 Miniblind part
63 NASA decision (hyph.)
64 Ms. Burstyn of film
65 Poi source
66 FBI agent (hyph.)
67 Tries to locate

1 In the distance
2 Wine valley
3 Dismal
4 Vast ages
5 Chicken breed
6 Gaps
7 Fishing floats
8 Dye-yielding plant
9 Give new meaning to
10 Moon, in poetry
11 Clumsy ones
12 Fissure
13 Lohengrin's bride
21 Sofa end
25 Period of time
26 Stun
27 One in a pen
28 Gully washer
29 Cash substitute
30 Andy Capp's wife
31 Dalai Lama's city
32 Dramatist Henrik —
33 Handyman's supply



Yesterday's answer



KNICKS FINALLY LOOK LIKE THE SMART GUYS

Phil Jackson may turn out to be a lousy executive. But make no mistake, the move he made this week — sending Iman Shumpert and J.R. Smith to the Cavaliers as part of a three-team blockbuster in exchange for what amounts to ... well, absolutely nothing of physical value — won't be considered one of his "bad" transactions when all is said and done.

On Monday morning, the 2014-15 Knicks were arguably the team with the least amount of assets and "flexibility" in the NBA. (Hell, the 76ers at least have two or three young, promising players.) But by Monday night, New York mercifully had some wiggle room.

The Knicks, of course, have a star scorer in Carmelo Anthony, but his injuries this season coupled with a weak supporting cast in no way were going to allow the Knicks to sniff the postseason this season, let alone compete for an NBA title — which I need not remind you is the overarching goal here.

Jackson is obviously stating with this move that 2014-15 is a lost season. We knew that weeks ago as the name "Jahlil Okafor" has been sitting comfortably adjacent

Opinion

MATT BURKE

MATTHEW.BURKE
@ METRO.US



to the Knicks logo on NBADraft.net for some time. But, in the grand scheme, what does this salary dump mean?

What Jackson's ultimate plan may be is one in which he attempts to replicate what the 1996-97 San Antonio Spurs and what the 2006-07 Boston Celtics did before winning championships — shelve an injured star, tank for a high draft pick, keep your financial options open, and pray for the best.

David Robinson played just six games for the Spurs in the 1996-97 season. Two years later, they won the title. Paul Pierce played just 47 games for the 2006-07 Celtics. A year later, they won the title.

The Spurs got lucky in the lottery by landing Tim Duncan and quickly built around their big men. The Celtics flipped their bad lottery luck into Kevin Garnett and Ray Allen, and placed them next to Pierce.

What both of those franchises had, in addition to an injured incumbent star, was flexibility and options.

Anthony, at age 30, is at the same age and stage that Robinson and Pierce were at in their respective careers when the Spurs and Celtics decided to briefly blow it up in an attempt to get better.

In hindsight, it's easy to say that Robinson and Pierce are "winners." But at the crossroads in their careers, things were far from pretty for the two franchise cornerstones. And even Anthony's biggest critics would concede that he belongs in the same conversation as Robinson and Pierce when it comes to pure ability. None of these players are in the discus-



The Knicks are reportedly encouraging Carmelo Anthony to rest his injured knee. / GETTY IMAGES

sion for "greatest of all time," but all are Hall of Fame talents. And all of them needed (or need) help to win big.

Despite the titles won by the 2004 Detroit Pistons and the San Antonio Spurs this past year, the NBA remains — by and large — a league in which stars succeed. If you have a star, you're one step

ahead of the game. The Knicks needed more flexibility in order to build around Carmelo. This move Monday was the first step. A bold, smart step by Jackson.

3

SPORTS



Governor Cowboy

Jones wants Christie at Lambeau

The Cowboys are undefeated in games attended by New Jersey Gov. Chris Christie — a trend that started in Week 16 in Philly. "He's part of our mojo," Cowboys owner Jerry Jones told a Dallas radio station Tuesday. "I want him there all the way."

See ya next year



MIKE PIAZZA
GETTY IMAGES

Players who fell short of the required 75 percent:

- Mike Piazza, 69.9%
- Jeff Bagwell, 55.7%
- Tim Raines, 55%
- Curt Schilling, 39.2%
- Roger Clemens, 37.5%
- Barry Bonds, 36.8%

MLB. Johnson, Martinez, Biggio and Smoltz get hardball Hall call

The typically craggy members of the Baseball Writers' Association of America were relatively liberal with their votes this year, tabbing four players into the Class of 2015.

Randy Johnson, Pedro Martinez, Craig Biggio and John Smoltz will be inducted into Cooperstown on July 26. This is the first year since 1955 that four players have earned induction in the same year.

Johnson, who pitched for the Yankees in 2005 and 2006, earned 97.3 percent of the BBWAA's



Randy Johnson spent two years in New York. / GETTY IMAGES

vote, the eighth-highest mark in the history of the voting. "The Big Unit" won five Cy Young Awards, recorded 303 wins and 4,875 strikeouts in his 22-year career.

Former Mets star Mike Piazza, regarded by many as the greatest hitting catcher of all time, fell 28 votes short of making the Hall this year but is a good bet to make it in 2016. According to SportsBettingDime.com, Piazza has odds of 3-4 of getting the needed 75 percent of the vote next year. METRO

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REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, January 14, 2015 at 2:00 p.m. at 66 John Street, 11th floor, on a petition for Stratos Bakery Corp. dba Bocado Bakery Café to establish, to maintain and operate an enclosed sidewalk café at 1297 Lexington Avenue in the Borough of Manhattan for a term of four years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, June 28, 2015 at 2:00 p.m. at 66 John Street, 11th floor, on a petition for Victory Sweet Shop, Ltd. to maintain, and operate an unenclosed sidewalk café at 2169 Steinway Street in the Borough of Queens for a term of two years.

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